The Power of Positive Thinking: Set an Intention and Watch what It can Do for your Day.

How do you want to feel today? We're guessing that you'd like a better outlook than Oscar the Grouch. To live life more positively, set a daily intention. Perhaps you want to feel adventurous, or bighearted, or peaceful. Take a moment each morning to set an intention for your day by thinking about how you want to feel. You'll be more likely to make decisions throughout the day to support your goal. Yes, we know your mornings are busy, but this is truly as easy as 1-2-3:

At the beginning of the day, sit quietly and center yourself. Focus on your breath.

Choose the qualities you will live out today. You might silently say, "I will be courageous" or, "I will bring the best in me to all I encounter."

Check in with yourself throughout the day; write a word or two on a sticky note to remind yourself of your intention.

Seriously, that's it! With your intention in mind, you'll be able to breeze past negative influences — say, the morning news or your grumpy co-workers — and take control of your mood.

It's your life. Choose how you want to move through it.